



Urbana Senior Center

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www.FrederickCountyMD.gov/aging

April Program Highlights

April Fools' Day Luncheon

This way to the fun!! Menu includes: apple pie, green bean casserole, tricolor pasta in creamy garlic sauce, baked stuffed pork chop.

Date: Wednesday, April 1

Sign-up by Thursday, March 26

Time: Noon

Cost: \$4.68 (Regular meal cost)

Know the 10 Signs: Alzheimer's

If you or someone you know is experiencing loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. This workshop presented by the Alzheimer's Association.

Date: Tuesday, April 7

Time: 6:30 p.m. **Cost:** Free

The Inside Scoop: Education & Ice Cream Total Joint Replacement

Is it the right choice for you?

Join Dr. Mark Chilton, MMI Orthopaedic Surgeon and Joint Replacement Specialist, as he discusses the causes of joint pain and treatment options available.

Don't Let Joint Pain Slow You Down

Date: Tuesday, April 21

Time: 6:30 p.m. **Cost:** Free

Chinese Mah Jong

Come play the leisure game of Chinese Mah Jong. Enjoy exercising your brain.

Date: Tuesdays

Time: 1:00 p.m. **Cost:** Free

Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "What drives an autoimmune disease: A discussion of autoimmune diseases such as Lupus, Parkinson's, MS & various thyroid conditions.

Date: Thursday, April 9

Sign-up by Tuesday, April 7

Time: Noon

Cost: \$4.68 (Regular meal cost)

Mobile Information and Assistance (I&A)

Need help? A staff member from the Department of Aging will provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

Date: Thursday, April 9

Appointments are encouraged

Time: 11:00 a.m. **Cost:** Free

Stitching Post

Come to knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills.

Date/Time: Mondays 10:00 a.m. Free

Date/Time: Tuesdays 1:00 p.m. Free

Birthday Lunch

Celebrate April birthdays! The first Monday of each month enjoy cake and ice cream!

Date: Monday, April 6

Sign-up by Thursday, March 26

Time: Noon

Cost: \$4.68 (Regular meal cost)